War Food Administration
Food Distribution Administration
402 Warner Building
Nashville 3, Tennessee

A CLUB FOR VICTORY

CHARACTERS:

Sally deFord - a young homemaker

Betty)
Edith) - her friends, also homemakers
Alice)

SCENE AND TIME:

Sally's small apartment at noon today.

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(Sound of humming, then a doorbell, followed by the sound of a door opening)

SALLY: Hello, girls, come in - I'm so glad you're here. (Sound of general greetings and exclamations) And you all came together - Now we won't have to wait for anyone.

ALICE: We walked, too. It was a long way and we're simply starved.

EDITH: We'd have come in the car but our gas is almost used up and Jack won't let me drive for anything but necessities.

BETTY: (Fretfully) Bill feels the same way, but I slip in some bridge party and tea driving as often as I can.

ALICE: (Defiantly) I do, too, but Sam doesn't care! He says lots of people have plenty of gas and he's mad 'cause we can't get all we want - - -

EDITH: (Interrupting) - Well, we're here and that's the main thing and, after all, there's nothing like walking to streamline the hips.

SALLY: Come on, girls, and help me a minute and we'll be ready for lunch. Betty, will you pour the water - Edie, look in the ice box for the salads and, Betty, put the waffle batter on the table and pour some batter on the iron - - it's hot. I'll get the souffle out of the oven. (Sounds of activity, idle remarks about dress, weather, hair, etc.) . . . . . Grand help, you all are. That's all - - let's sit down. (Sounds of chairs moving back and forth)

BETTY: What marvelous looking food - - how do you do it? I can't find a thing to buy.

ALICE: And I'm always out of ration points. I won't have any processed food stamps for two weeks and I'm out of meat points for the week.

EDITH: I used to get in those jams until Sally took me in hand and taught me a few things about meal planning and point budgeting.

BETTY: (Dolefully) Well, I wish you'd help me. Bill says we have the worst meals and I say it's because I can't find anything at the stores, or I don't have enough points - - but I guess those aren't true reasons. It's just that I'm no manager.

EDITH: Well, I will help you some time.

BETTY: Why not now? - I'm desperate!!

ALICE: So am I!!

EDITH: Come on, Sally. Let's both help right now. After all, there's nothing more important than food during wartime. You know, the Government is stimulating a nation-wide program of education on producing, conserving and using food. We'll be doing our part to further this program by helping Bet and Alice.

SALLY: I'm game! Let's start with this meal today. How many ration points it cost, and how it stacks up as to food value -

BETTY: (Wailing) I simply can't have company any more for the duration. How can you have fruit salad and whole wheat waffles, this delicious souffle and coffee?

SALLY: Well, first, it didn't cost much as there's very little cheese in the souffle and the carrots and spinach were left-overs. The three eggs were the biggest cost item; but, considering that both the cheese and eggs are meat substitutes, it's really a very nutritious dish with a point value of - - - 3, I'd say. The salad - - - grapes, grapefruit and celery are all plentiful foods now and they're not rationed. Of course, I used the outer large pieces of celery, cut very finely to tenderize them. The lettuce is the outer leaves,too, shredded to make it go further. Fixing it that way always seems to get the large pieces eaten more easily.

ALICE: Why, I always throw those pieces of celery and lettuce away.

EDITH: (Interrupting) Oh - but you mustn't. They're really the best part. The outer leaves and stalks have had more sunshine than the inner parts and have stored up greater amounts of minerals and vitamins. If we all threw away those pieces, it would not only increase the food amounts needed but it would lessen the value of these good foods.

BETTY: But let's get back to lunch - - It's points and food value, tell us about the waffles, Sally.

SALLY: Whole wheat flour, two eggs, a small amount of salad oil and buttermilk are the main ingredients. Now, taking the whole meal - and how is it affected by rationing - is it nutritious? Salad - plenty of needed vitamins in its fresh fruits and vegetables and no rationed foods. Souffle - left-over fresh vegetables, cheese, eggs and milk - it's a perfect meat substitute dish. No rationed foods but the cheese. Waffles - a small amount of rationed salad oil in the batter and melted butter and oleomargarine combined to serve with the baked waffles. The whole meal used not more than five ration points and, yet, it's complete nutritionally. Incidentally, it was very simple to prepare.

BETTY: And is it good!!

ALICE: It's perfectly delicious. Now, tell me - are you ever short on ration points?

SALLY: No, but it takes planning or I would be. I budget my stamps just as I do my housekeeping allowance. Making stamps come out right takes some food substituting, too. You can't always have just what you want.

EDITH: No, you can't - but as point free meats and substitutes, there are fish and many varieties of sea food, chicken, eggs, nuts and some variety meats. Then there are beans, peas and lentils for protein with low point and cost values - - - and cheese, which can be used so many ways is comparatively low in point value and high in protein content.

ALICE: But how do you make your canned vegetable and fruit points stretch?

SALLY: I did a small amount of home canning, which is a big help, and I use all of the fresh vegetables and fruits on the market. There are plenty, too; oranges, tangerines, grapefruit, apples and grapes are available fruits at medium cost now. In vegetables, there are (slowly) cabbage, celery, sweet and Irish potatoes, carrots, turnips - -and-- oh, yes, snap beans, spinach, lettuce and greens in abundant supply at almost all stores.

EDITH: And in budgeting points, Bet taught me this. Each week, count your points of both types, plan your meal use of meats, processed fruits and vegetables accordingly, remembering that, if you splurge once and use (high) point value foods which are scarce, you'll have to economize for the balance of the week as penance!

BETTY: (Impatiently) Oh, what a bother all of this is - and how it complicates housekeeping .

ALICE: (Forcefully) And what good does it do, anyhow? I think rationing is a lot of ballyhoo and bunk!

SALLY: You girls aren't really serious in your attitudes, are you? Surely you know why we nee d to use less meat and fewer canned foods.

BETTY: Well, it's so the Army'll get food, I guess.

SALLY: Of course, that's it - - that - - and other reasons like it. (Positively) Now right here's where I take the stump!! We have an enormous food supply because of our greatly increased production. It would seem to be enough but it isn't. The needs of our Armed Forces - - and - -

ALICE: (Interrupting) Well, I don't see why it isn't enough. After all, we're just feeding our citizens in the Army instead of at home. We have the same number of citizens, haven't we? - Whether they're in or out of Armed Services - -

EDITH: But they eat so much more - - 1½ times as much as the average person. It's because of the physical exercise they take.

BETTY: I know they eat! A friend of mine had some soldiers out for dinner the other day and she said they were like wolves.

SALLY: Of course, they are - - (laughingly) You were, too, after your walk over here today - remember? What would your appetite be after a ten mile hike, or a swing at sentry duty, or after making a hazard course?

ALICE: I give up! You've convinced me - so the Armed Forces use lots of food, how much?

SALLY: 13% of our total supply this year and our Allies will use 12%.

BETTY: (Complainingly) Why do we have to ship stuff to all of these other countries? It seems they could provide their own food without our feeding them.

SALLY: They do supply much of their own food and much food for our troops now overseas, but they need some things which we produce and which they do not. Surely, Betty, you don't begrudge such supplies - when you realize that British air raids and Russian advances are made mainly at the expense of the manpower of those countries and not ours - - which would you rather supply in battle areas - - men or food? Not that we're not doing both, of course, but don't you see tha t helping our Allies to fight spares our men to fight on other fronts andgives our Allies the food they need to hold the offensive we've finally gained.

BETTY: (Thoughtfully - slowly) Of course, I see that now - - but I didn't. I seemed to think only of my own wants and inconveniences.

ALICE: I'm sure the same thing must be true with gasoline and tires, supplies and all war machinery.

BETTY: Indeed, it is. And when we deal in black market to get extra gas, meat, shoes and nylon hose - we're just prolonging the war. It means that our air raids can't be in such volume - - parachutes are fewer. Here we are, so lucky - Bill in a vital defense job and so deferred from the draft and, yet, I've been unwilling to do my part to help end this war and bring other girls' husbands back home to them - -

ALICE: (Slowly) It's our way of helping win the war - - my part seemed too small that it didn't seem worthwhile, but I understand now.

SALLY: (Lighter) But - getting back to our food supply, who'll have a waffle?

ALL: I will!!

EDITH: But we really didn't finish the food picture. Sally said we had big crops and that the Armed Forces will use 13% of it and our Allies 12%. That leaves 75% for civilians, which should be enough.

SALLY: And it would be in ordinary times, but now millions of our people are in defense jobs, doing strenuous physical labor. They eat more than if they were doing sitting jobs and more than they ate when they made less money. Now, they - - and many other working groups of people have better paying jobs and, of course, a nice way to spend extra money is on better food, especially when it can't be used for new cars, ice boxes, stoves and other things we can't get during wartime.

EDITH: It's a case of about half of our people who used to have stew and meat loaf pocketbooks now having T-bone steak finances. And, of cours, the demand doesn't apply to meat only. It's for everything - milk, butter, cheese, canned foods. There's a tremendous increase in food buying, so we have to be careful to make that 75% accomplish the job of filling our food needs.

BETTY: AndI notice you said "needs" - not "wants".

EDITH: That's it exactly. Now, if all of us as homemakers would plan our meals wisely, conserve food by cooking it properly and avoid waste by using up bread crusts and left-overs and cut out other poor habits we've acquired in normal times, w e'd not only be healthier, but we'd be helping to win the war.

BETTY: (Slowly) And someone said that an Army fights on its stomach - -

EDITH: (Strong) And so food is a weapon with which men fight - just as guns and tanks are vital weapons which they use.

SALLY: (Strong) Yes, and FOOD FIGHTS FOR FREEDOM, freedom from the Nazi yoke of dea th, oppression and starvation. And that's what this whole nation-wide program is about. To teach people to put food to its best use.

BETTY: Where did you get all of this information, Sal - - who taught you as you're teaching us?

SALLY: Well, I heard a grand talk at my civic club by a volunteer who was working on the FOOD FIGHTS FOR FREEDOM committee. I hadn't thought much about the part of home-makers in the war before that. But since then, I've become deeply interested - -

EDITH: (Animated) So much so that she's sold me and three other girls on meeting together every Tuesday to plan our meals and shopping lists for the week. That's why my point budget operates so wellnow. And all of us are on the alert for pointless meal ideas and wartime menus and food bargains to share with each other. Jack says I'm a better manager and tha t we have more variety and better meals than we had even before the war. It's because I planned and bought "hit or miss" then.

SALLY: We chose Tuesday morning for planning and shopping, because on Monday we use Sunday left-overs and any odds and ends on hand. By shopping on Tuesday, we accomplish several things - We have a more complete selection of foods than during the week end rush, we help the grocer by buying early in the week and during the mornings when he's not rushed, we give home-makers with war jobs a chance to shop in the late afternoons, we save gas by taking turns using our cars for delivery of each other's groceries, and we help lower food transportation problems as first-of-the-week buying relieves such heavy deliveries to grocery stores at the end of the week.

BETTY: But where do you meet to do this meal planning and grocery listing?

EDITH: The girl who's using her car for the current week's shopping trip picks up the others right after breakfast. We have our meeting at the last girl's house.

SALLY: Everyone has made tentative plans before we get together. We check menus first for nutrients, balance, point use and cost. Then we make

grocery lists from the approved menus, adding needed staples and omitting those things we have on hand. We've also brought along point changes and current stamp lists clipped from the paper.

ALICE: But how do you know so much about balance, Sally. You're no home economist - -

SALLY: I know it - - I'm far from it, but we have some grand meal guides we got from the U. S. Department of Agriculture and we follow the Basic 7 Food Chart.

EDITH: And we have leaflets from commercial food firms, and then - after all, we've all been keeping house and have learned something by experience. Ours is one of three shopping clubs going in this neighborhood and Sally started 'em all. She'll probably pull out on us and start another one as soon as we're really going well.

SALLY: You see, the more of these clubs we have, the more helpful home-makers can be. It's positive action for winning the war.

ALICE: The things I've learned while eating this meal! Why, I always shop late and plan as I buy and go to the grocery every day.

EDITH: You won't have to if you join the Sally deFord war-time marketing club. It's the most exciting club I belong to. I find I only need to make a couple of small purchases after my weekly shopping day.

BETTY: (Thoughtfully) So we at home can help in a very material way - - Sally, may I join your wartime marketing club and will you help me?

ALICE: I want to come, too.

SALLY: Gra nd - I'd love to ha ve you but it's not my "club" as you call it - it's"ours" and you'll be an important contributor to it with suggestions on menus, ways of using abundant foods, and good cookery methods. Will you both come to help US make FOOD FIGHT FOR FREEDOM and "US" is spelled Capital "U", capital "S".

ALICE:
BETTY: Yes, of course, we will.